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Prophylaxis  
of  
Yellow fever & plague  
~~1801~~  
or of Eastern & Western plagues  
deliv<sup>d</sup> Jan<sup>y</sup> 18. 1802



But

2

✓ The diet should be reduced, or raised according to the <sup>quantity & force of</sup> ~~degrees of exposure to the~~ miasmata, and to the degrees of <sup>to which persons are exposed.</sup> exercise. ~~to~~ Mr Webster says most of those physicians who lived very low in the yellow fever of New York in 1798 died. This was owing to their using exercise, disproportioned to their diet. Mr Ellicot informed me of an important fact upon this subject. ~~also~~ During his long residence on the Mississippi on his public business, he and all those of his companions who lived temperately, were <sup>yellow fever</sup> lightly affected by the fever for two years, while four of the officers who attended him who lived plentifully, escaped the fever of the place, & enjoyed



I shall now add a few Observations  
upon the prophylaxis of this <sup>the fever from exhalations</sup> state of  
fever. <sup>Different ones Different years according</sup> to force of the disease <sup>weather &c.</sup> the means for this pur-  
pose are

1 Low <sup>or generous</sup> diet according to the grade of the fever. <sup>former</sup> The  
diet <sup>should</sup> consist chiefly of vegeta-  
bles. A little salted meat which sup-  
ports the strength, without making

much blood, may be taken with  
them. <sup>Said at Georgetown of Rom. Catholics of salt fish</sup> Mr Bruce says pepper may  
be taken in large quantities with  
vegetables. It acts upon the sto-  
mach without exciting the blood  
vessels, & thus prevents its being acted  
upon by the miasmata of <sup>the</sup> fever.



perfect health. On the 3<sup>rd</sup> year Mr  
Ellicot & his Abstemious companions  
escaped <sup>an attack of</sup> the fever, but this <sup>was</sup> not the  
happy lot of ~~the~~ his four officers.  
They all ~~at~~ took the fever & died. This  
fact shows the balance to be in favor  
of temperance. Altho' its good effects  
may not be obvious the 1<sup>st</sup> & 2<sup>nd</sup> years  
it is tried.

The <sup>fried</sup> negroes in North Carolina ~~escape~~  
who live wholly on vegetables escape the  
humoral fevers of that state. The Bramins  
escape the bilious fevers of India while the  
<sup>who eat animal food</sup> Europeans die in regiments around them.

~~The debility~~ This diet acts in two ways 1<sup>st</sup>  
depletion, 2<sup>nd</sup> by <sup>gradually</sup> inducing debility which renders  
the system vibratile to the ~~min~~ impression of  
the miasmata: Thus the willow bends to  
the wind, while the oak is torn up by the root.



2 Keeping the bowels gently open.

✓ This may be done by chewing Rhubarb.

- ~~hard~~, or by any other purging physic.

It prevented Dysentery in flying Camp, & Westward: Timley

3 Continuing habitual occupations

unless they expose to great heat.

In this case, exercise must be

substituted to them. Fatigue does

not predispose to this fever in per-

-sons who are accustomed to it,

provided it is brought on by habitual

labor; - but fatigue from a new

employment is always unsafe.

Eg: a Carpenter, may work without

much danger at his trade from

surprise to him &c; but he will



+ from p 5

4

women escape yellow fever more than  
men because they possess more yielding  
or vibratile solids. Diet to be effectual  
should be submitted to gradually  
in order to expand excitability.

When submitted to suddenly, it  
often ~~induces~~ predisposes to disease.

\* One reason why Creoles escape the yellow  
fever is because the climate imports to the  
system a femininity by wearing it - in other  
words it emasculates the system.

\* They are moreover more temperate than  
men, hence less exposed to the sun - hence  
Dr Hunter says their lives are twice as  
good as the men in Jamaica.



6  
cure the disease by rowing a boat  
for two or three hours. —

4 Keeping up a constant perspiration  
or rather sweat by <sup>flannel</sup> ~~warm~~ cloaking  
next to the skin, & by warm bed  
clothes. I never heard of a single  
person taking the Yellow fever who  
carefully attended to this precaution.

It is a constant and gradual mode  
of depletion. <sup>It is a discharge of the first impurity.</sup> It is equally effectual

in preventing the plague. So true

is this remark that Mr Wolney says  
the common salutation in Egypt

During the prevalence of the plague  
is not "how do you do," — but



moderate

5 V<sub>12</sub> Uter prevents the fever. In favor  
of this practice are the Authorities of Dr  
Mitchell of Virginia - Dr Chisholm, &  
the physicians of St Domingo. —



<sup>upward</sup>  
do sweat freely!! ✓ 7

5 The smell of fresh Earth has often  
preserved from this Disease. Very few  
of the men who were employed in  
✓ digging Cellars, or cleaning the Streets  
of Philad<sup>a</sup> took the fever in 1793.  
Earthen floors to houses <sup>as a protection</sup> ~~prevent~~  
from the plague, as well as the  
yellow fever. —

6 The warm Bath has often pre-  
served persons from this Disease.

✓ Exposure to the exhalation of tanpitto  
also to the vol: odor from the manu-  
-factory of Sal Ammoniac: preserved  
all the people <sup>who</sup> ~~from~~ lived in them



✓ Smoke has had the same effect  
According to Mr Bruce & Dr Clark.

But there are many other Odors which prevent  
pestilential diseases. The smell of tar defended  
✓ the shipwrights from the last London plague.

The use of leather bottles made impursions  
by tar Brunswick says - prevented the plague  
in some Spaniards who as drunk this  
different liquors from them. ~~but we~~ <sup>we read in</sup> ~~we read in~~

~~acted odors~~ as Ambrose Paré of a plague  
in Italy being checked by killing all the cats  
& dogs of the place & suffering them to putrefy  
in the streets. <sup>all</sup> These Odors seem to act in one  
of 3 ways. 1 Creating a counter action in the  
system by this stimulus upon the ~~the~~ nose. 2  
saturating the atmosphere, so as to prevent  
its retaining pestilential exhalations, or 3  
destroying them by means of a chemical  
mixture <sup>+ The Island of Ternate in I</sup>  
was healthy while cloves <sup>tree</sup> grew there, but sickly when cut  
down.



Neighborhood in the year 1793.  
There was not a single person who used  
the plentiful use of Garlic in diet.  
~~has been~~ or otherwise in Philad.  
in 1793 who was affected by the fever  
of that year. It is to be lamented  
that this excellent vegetable affects the  
breath with so disagreeable a smell. I  
have been puzzled to find out the reason  
why the Author of this nature who  
has endowed <sup>this vegetable</sup> it with so many excellent  
qualities for diet & medicine, should  
have stamped upon it such a  
disagreeable smell. Perhaps the reason  
kindly to form ~~its use~~ it into  
was ~~that~~ ~~it might~~ it might be  
universal, <sup>ripe,</sup> for it is unmarketable  
that the smell of it is insupportable



✓ The Pyramids of Egypt say Sir  
 Wm Temple were built by garlic.  
 That is ~~the~~ garlic was the principal  
 part of the diet of the men who  
 ✓ built them. It was ~~one~~ of the  
 which supported  
 diet of the Children of Israel beneath  
 the <sup>small</sup> labors of which they underwent  
 in Egypt, & so agreeable did it become  
 to them from habit, that they languished  
 for it while they were rioting upon  
 Quails & manna in the wilderness.  
 Garlic was <sup>part of</sup> the food of the Romans  
 in the time of Trajan. Hence the  
 words of Horace "O! dura meponum illia".  
 & again of Virgil.

"Thy stylis et rapido, fepis meponibus oste,  
 allia, & Serpyllumque herbas, contundit  
 olentes.



to those use it. It is appears to be that  
cordial in diet, ~~and the for which~~ and  
that restorer from <sup>the</sup> fatigue <sup>of labor</sup> ~~for~~ <sup>ch</sup> for w:  
opium - Ardent spirits & Tobacco are  
but feeble <sup>& unsafe</sup> substitutes. Nay more - it  
appears to be that preservative  
from disease, ~~for~~ for which most  
of the articles of the materia medica <sup>(in the present manner</sup>  
<sup>of using them)</sup> are less certain remedies. <sup>v</sup>

9 ~~Below~~ Two persons who took a  
table spoonful of Sweet Oil every  
Evening escaped the fever of 1798  
in Philad<sup>a</sup>. The Stomach is perhaps  
primarily affected by the miasmata  
of this fever. The Oil either protects  
it mechanically, or destroys it by



Diff<sup>r</sup> of local situ<sup>n</sup>: as to hills -  
Schedule Sea Coast & salt & fresh water  
greatly alter disease in fall.

Summer &

On diseases of Antiquity in the U States. Colors.  
Different grades from river to water

I name them  $\frac{1}{3}$  or  $\frac{3}{4}$  of all <sup>year</sup> years  
non into each other. or totally distinct by <sup>Cleburn</sup> only #  
Thier larvae - ~~putrefaction~~ <sup>disinfectant</sup>  
hills & then - from elevated attracting miasma from <sup>distill.</sup> or  
Bassins - water, drinks. Stagnated air - as in Virginia  
Vol. 3 p. 280 & Philad<sup>a</sup> - at sea - clark -  
perhaps from earth - certain  
#281.

Low ground After Earthquakes, but chiefly putrefaction  
con<sup>d</sup> with in America - diseased actions <sup>occur in Spring & winter from</sup>  
water. of vegetable matters. The diseases of the <sup>habitat.</sup> ~~habitat.~~  
They follow clearing - but disapp<sup>r</sup> after culti<sup>n</sup>.

bowels first. Then appear - antit<sup>p</sup> &  
borrow from west Indies & Egypt - same - Vanswieten.  
Preventive 180 - Vol. II  
as in Africa (a) 123  
General as they affect  
communities. Removing filth - by  
as in Africa (a) 123  
1 Conflux of water & 2 by exsiccation, or  
Ambrose Lang, meadow ground Agriculture -  
dilutions - clearing <sup>bad grass</sup> privies - story of Oxford  
London now & then? p. 122 # Vol. III.  
Holland & Nottingham as in diseases of  
ms Adams' fact. misanthropes <sup>using them.</sup>

I have said nothing of Quarantine  
Local University 123 + Vol. II.

2 preventions as to individuals 180.

but first previsions - p. 162 & 179 Vol. II  
# not often - after plentiful years Russia Vol. III. p. 297.



head ash in <sup>no</sup> cottony <sup>at</sup> Hothingsd - before yellow from  
Precursors of malarial fevers - disappearance of  
sa path <sup>no</sup> 4 of disease precursors  
birds - flies - mosquitoes - yellow color - Abortions - State of  
fruit - vegetables - wind from new quarters - no wind - all  
all of plague from Bay? vol 4 of path. - uncommon health  
before yellow fever - from <sup>simply</sup> suspending weak diseases.  
was in 1782 peculiar things belonging to old people &

Strangers to be attended to from Path. N<sup>o</sup> 4

60 p: 121 vol: 11

Absence of fear - no -

Certain nostrums - Camphor -

moor's gas - no - in frost -

Tobacco, - fine Dr. Hodges fine thought? No

figure - part not washed away

reliance on them. Quarantines - could

spoke as whole states could hear I would say

abstinence from should they attack - what Remedies -  
fruit no! - see still who denies it.

watch nature - Rest - gentle physic & in

its forming states &c. In this way disease

may be prevented.

{ Signs of predisposition - 1 Costive -  
scanty or too much urine -  
2 Wine drinking 3 fatigued  
from light causes - 4 exsanguinating.  
5 fainting

Here I intended to have closed my Oration

- But I fear I hear a public & timid

voice say - that he has said nothing

of Quarantines -

Time use full  
see Mr. Gues to letter







gunpowder, liable to be set on fire by a  
passing stream of that Gas & exit Houses.

Ah! devoted city! Ah! deluded people! Let us  
The cities of Europe have <sup>been devoted</sup> suffered in vain for our quarantine  
cease to pity the — great is the ~~calamity~~

of the United States? we have <sup>rolled over</sup> ~~received~~ the  
~~besides~~ <sup>errors</sup> of ignorance across the Atlantic, &  
received them in European ports. If such

be our infant prejudices, what will  
they be a century hence —. Alas I see our  
cities deserted — ~~our~~ <sup>with</sup> ~~garden~~ <sup>graps</sup> covering

the streets of our cities & Villages — Great is  
the fear of "cholera" why don't do Plunk's check  
fevers? 1 destroy by mixture 2 new action or 3 uniformity of  
Action like drunkenness. in Egypt

inhabitants of whole provinces  
& The Countries ~~are~~ <sup>are</sup> the mill victims  
~~and die~~ sickens and die ~~in~~ from the exhal <sup>of</sup>  
the mill without instructing us <sup>to</sup> avoid the cause  
of calamities. — Ah devoted people

World <sup>has</sup> awake from long slumber  
on the subject of Contagious Diseases



V also netting the body, &c



mixture. The fat of pork protects  
 the men who work in the lead  
 mines <sup>in England</sup> from the disease which  
 that metal is so apt to bring on  
 the bowels & nervous system. a  
 ✓ poisoned arrow will not injure  
 a hog if it be arrested by the  
 fat which lines his sides. The  
 strongest acids are blunted by oily sub-  
 -stances. —

10 Washing the body every morning  
 ✓ & evening with salt water has  
 often preserved from this fever.  
 Moses Bartram's fact. ✓

11 Anointing the body with palm  
 oil it is said preserves the natives



✓ Lind says a Chryman in Holderness  
informed him that all those farmers who  
rose ~~early~~ and went out early to work  
were short lived. <sup>on the contrary</sup> ~~too~~ midday wines, who  
from going out <sup>so much in the middle of the</sup> at night have been called  
another midnights, are generally healthy  
& long lived. This difference between the  
morning, and ~~the~~ evening, and ~~any~~ midnight  
air deserves attention. Perhaps more facts  
may be discovered of which may throw <sup>th</sup> I  
recommend the subject to further observa-  
-tion. —



of Africa from the fumes which are  
generated on the rivers of this  
country.

no Oil man died of the plague in 4  
years in Egypt in w<sup>th</sup> 100,000 people. Baldwin.

12 ~~of~~ 25 watchmen ~~but~~ who  
exercised their Offices during the fumes  
of 1793 but 3 or 4 died. was this owing  
✓ to the <sup>greater</sup> ~~dangerous~~ purity  
of the ~~purity~~ of the midnight air,  
for they never enter upon duty till  
all the miasmata are deposited  
on the earth, & they return home  
before the fume begins to <sup>act upon</sup> ~~exalt~~  
them so as to raise them in  
the atmosphere. ✓ The fact however  
explained, deserves attention.

13 ~~The~~ ~~Seignior~~ Ulloa in his travels  
✓ thro' Cuba, says that the Spaniards



31 The <sup>use</sup> of tar. Shipwrights <sup>walkers</sup> escaped  
the great plague of London. The tar bottles  
of the Spaniards kept them from <sup>plague</sup>.  
Vandewieten. 38  
vol. 16.

32 Tobacco used with success by  
Dienisbroek. D<sup>o</sup> 39.

Varro in his treatise upon Agriculture  
mentions a curious fact upon the means of  
preventing pestilential diseases. His name like  
Varro a Roman General ~~was~~ was exposed to  
with a large fleet & army in at Coreyra to a malignant  
fever. He discovered the course of the miasmata  
which produced it to be from the south, & in consequence  
of which he fastened up all the southern windows &  
doors of the houses in which his troops were quartered  
& opened new ones to the north, by which means  
he preserved his troops from the fever & while it  
prevailed in all the other houses of the neighbour-  
hood. — Mr Howard advises doors & windows  
to be kept open only during the clearing of the fever.



I have thus great: delivered to you the result of  
all my reading - Observations & reflexions upon  
fevers from exhalations. When you consider  
how great a proportion they constitute of all  
the fevers we meet with in common practice,  
(amounting probably to  $\frac{1}{5}$  in this country)  
<sup>more especially</sup> when we include in them besides the En-  
terical forms of fever - the different forms  
of intestinal fevers such as Colic - Cholera morbus,  
Dysentery & Diarrhea, - you will not I hope  
complain of the extensive view I have taken  
of them. There was a time ~~once~~ when I  
believed the malignant forms of these  
diseases ~~would~~ <sup>soon</sup> cease to be the objects  
of ~~medic~~ the Attention of a physician - for  
I could not conceive it possible that  
our Citizens could be resist the power-  
ful ~~argu~~ facts & arguments which have  
been laid before to ~~show~~ <sup>show</sup> them to



prove that those mortal forms of fever  
were of domestic origin, & of course that  
they would immediately remove the  
causes of them. But Gent: I have found  
old errors to be more powerful than  
upon this subject, I have for some time  
new truths, and <sup>publicly</sup> I have for some time  
past ceased to combat them ~~publicly~~.  
The grave has <sup>in triumph</sup> smiled at the efforts of science to <sup>open</sup>  
~~upon the subject of the yellow fever.~~  
the rumour of its prey.  
To such gentlemen as wish to see the profession  
of medicine, still a popular & lucrative business,  
this acknowledgement cannot fail of affording  
some consolation, especially when they  
connect with it the growing prejudices against  
<sup>some of our best</sup> the ~~only~~ powerful and successful remedies  
in the materia medica. The more certainly,  
and speedily we cure a disease, the less the  
compensation we receive for it, - but the  
more we suffer ~~from~~ acute diseases to protract  
themselves into chronic ones by neglecting to



prevent them in their forming state, or to ~~undo~~  
cure them in a few days, the ~~more~~ greater  
will be the emoluments of our profession. —

Persuade therefore Gent. in <sup>2</sup> studies — anticipate  
wealth and independence from your business —  
— Perpetuate your profession in your families,  
for — the present state of public opinion  
among both physicians & legislators, autho-  
— rizes us to believe <sup>that plague pestilence will</sup> ~~fulness of every kind from~~  
~~keep pace with war and tyranny~~ continue  
to be the punishment of ignorance & vice  
in our country, <sup>& a source of emolument to physicians,</sup> perhaps for centuries to  
come. —



15 all exciting causes should be carefully ~~from~~ <sup>avoided</sup> ~~avoided~~, such as cold, heat, fatigue,

✓ Intemperance in eating & drinking <sup>or sudden</sup> ~~or sudden~~ ~~leury~~ - also ~~passions~~ great emotions and passions of the mind. New Aliment of any kind should be tested cautiously. ~~Remember the fact of mushrooms & french salad.~~ The stomach is shy of new liquors & tances.

✓ It is of the more consequence to attend to this direction, as the disease is seldom produced, without the concurrence of an exciting cause.

✓ I have not found ~~a~~ <sup>many</sup> a single instance of Tobacco preventing the disease. ~~Perhaps~~ People who used it in every way had the fever in 1793. Perhaps it would be more effectual in persons not accustomed to it. Dipmerbrook furnishes a solitary exception.



when a little wetted, plunge into a river, ~~and~~ whereby they avoid taking the fever of that Island. Now

*The Africans do the same thing.*

~~Does the~~ shall we explain this fact?

- Does the light wetting <sup>attract</sup> ~~retain~~ the miasmata, & does the plunging into the water, wash them from the body, <sup>case,</sup> or does the cold water in the latter ~~case~~ produce such a reaction in the system as to fortify it against the impression of the

*Dr Christman says the negroes*

miasmata <sup>at Demerara escape the yellow fever from being constantly wet, and going naked. carriers at Cape Volney.</sup> 14 Dr Gallager observed a ~~distur~~ out

his room which he kept removing during the fever of 1799, and He supposed he it protected him from the yellow fever. Dr Beach was protected from the bilious fever by a lotion in his side.



Thou out of fire out of hand The  
 Prisoner does ~~not~~ is right

If import<sup>n</sup> true - my facts fall - not theory -  
- It like Indian resting of the globe on tortoise.  
Oil & Vol. matters - Destroy by mixture.  
Before given<sup>n</sup>.

before  
myriads of error + ~~evils~~ occurs  
of misery must be dried up by this dissem-  
ing greater benefits to mankind than  
labors of war.

21. a Inception of nations  
+ the works of nations ~~on the~~  
pages must fall before it, &  
oceans of misery must be dried

the by it - for

The opinion of the court is  
that: on the whole, the



- of both the ships
- 1 Run oval - in water. See Holland & Linnam
  - 2 Draining - digging holes - or covering with lead graft.
  - 3 Destroying ~~underwater~~ <sup>avoiding</sup> ~~underwater~~ <sup>underwater</sup>
  - 4 ~~Shells~~ - ~~underwater~~ <sup>the water.</sup>
  - 5 ~~Shells~~ <sup>from Rivers & Lakes</sup>
  - 6 ~~Shells~~ <sup>from Rivers & Lakes</sup>

RH  
/

Deserts  
no quarantine  
populat: increased

To believe it to be possible is  
to reject the dictates of reason  
& the evidence of the senses,  
to yield oneself up to the  
inf: of an indolent faith.  
The magical word <sup>readly</sup>  
sub: is import<sup>ant</sup> to the fatal  
of the Turks. To



15  
+ He adds that he was called to attend the  
Labourers at the Onondaga Salt Spring in  
York State, & that out of 100 but two  
escaped the bilious fever. One of these  
two had a running sore on his leg, the  
other a scald head. The discharge from these  
sores & his issue were more copious at  
the time the fever prevailed, than at any  
other. James Stevens letter to Dr Barton

Jan<sup>y</sup> 12. 1801.

16 Living in the upper story of a house preserved  
from the yellow fever of S Lucia. Christchurch.  
Birds die in the first & survive in an upper  
story during the prevalence of mortal epidemics.  
17 a whole parish where a quantity of  
brushees grew escaped a malignant fever  
about ~~during~~ the time of the restoration. It is said  
when burnt to prevent the small pox.  
18 Those Russians who took ~~of~~ <sup>escaped a</sup> ~~and~~  
malignant fever which prevailed on board a  
Russian ship at Plymouth in 1771.



15. There is ~~an~~<sup>a</sup> prophylactic  
 remedy against this disease, and  
 which I shall not recommend to  
 you, & that is Dumehours's. Two  
 persons, & one of them a physician,  
 who were constantly exposed to the  
 miasmata of the  
 yellow fever in 1793 were preserved  
 from it by being constantly in a  
 state of intoxication. Should any  
 of you <sup>the</sup> incline to adopt this preven-  
 -tive, let me charge you to avoid  
 above all things  
 - being sober for a single hour. The  
 - ~~death~~ sickness, & death are inevita-  
 - ble ~~in~~ where as the shortest interval  
 takes place between <sup>the stimulating</sup> ~~intoxication~~



- The same medicine preserved a man above  
30 years at Batavia where one half the  
new comers die the year after their arrival.  
The  $\zeta$  is taken in these cases till it affects  
✓ the breath or is felt in the gums. I ordered  
to Skillington's family to prevent the  
sore throat in Jan<sup>y</sup> 1802. —

20 great water drinkers have sometimes  
escaped this disease. taking  $\zeta$  in small  
quantities. Tristram's fact.

~~21 we read of in Ambrose Parry of a  
great plague in Italy being checked by  
throwing all the dead dogs cats &c into  
the street where their odor corrected the  
the factor of the great Disasters do the same in Spain. plague rare in Spain.  
exhaled & w<sup>as</sup> produced the disease. perhaps  
saturated the air. or destroyed miasma exhal<sup>d</sup> by Chimney attraction.~~

22 An ~~earthquake~~ once checked the plague,  
at Ocrakow. Had no effect on the diseases of Barbadoes.  
Hillary

23 The gas discharged during a vitriol  
✓ from fermenting wine it is said by Van Swieten  
once stopped a plague at Moselle Vienna.  
24 Taking a mixture of salt water & of salts



Run to the grade of intoxication  
<sup>the</sup> and perfect use of the senses, and  
limits. —

means

The ~~Remedia~~ for preventing the  
common bilious & intermitting fevers  
are nearly the same as for preventing  
the yellow fever. The diet only should  
be different. It may be generous,  
so as to surpass in its stimulus  
the <sup>or</sup> eniasmata of the disease. This  
cannot be the case ~~except the~~  
~~diet be interperate~~ when we wish  
to prevent the yellow fever - for  
the stimulus here transcends ~~the~~  
any diet that does not rise to glutting

or intoxication

<sup>Dr Gregory has used to tell</sup>  
~~As to his fever~~  
his pupils out of 25 English students who were at Leyden  
with him but one person had an intense fever which was  
aridum - he drank water only.



prevalent Dysentery in the Camp & in West  
County. Wm Lindley.

25 Catholics escaped Dysentery in the night  
of Chester town in 1801 - the ~~former~~ While  
Protestants had it - owing to the former  
living upon Salted fish During the Summer  
& Autumn.

26 Living in upper stories of houses protected  
from the yellow fever at Lucia, <sup>see 30</sup> Chisholm.  
Vol. II. p. 136

It is said that Birds live in upper & die in  
the lower stories of houses During the prevalence  
of plagues. windows open only when the Sun is up.

27 not fasting too long or often. Catholics  
for this reason more subject to plague  
than Protestants. Howard.

Keeping fires constantly in sickly season tho' ever so warm.

28 Persons who live ~~on~~ near gardens & vineyards  
in Minorca, and live at freely of figs & grapes

~~grow~~ escape the Autumnal fevers. Cleghorn p 195  
great fires harmful. Spread plagues. Vard<sup>n</sup>

29 great heat in Vaniswieten Vol: 5. 228 & sequel

30 Rest & shutting up acts in this way. Obsolete.

existing causes. ~~Did~~ want of business ~~is~~ in Philad<sup>a</sup> in 1802